

# DRAFT

MCO 6100.3K  
C472TP

## MARINE CORPS ORDER 6100.3K

From: Commandant of the Marine Corps  
To: Distribution List

Subj: MARINE CORPS PHYSICAL FITNESS TEST AND BODY COMPOSITION  
PROGRAM (SHORT TITLE: MCPFTBCP)

Ref: (a) MARCORMAN  
(b) MCO P5600.31  
(c) MCO P5215.1  
(d) MCO P1610.7E  
(e) MCO P1080.40A  
(f) MCO P1070.12J  
(g) MCO P1900.16E  
(h) MCO P1080.20M  
(i) MCO P1040.31H  
(j) MCO P1400.32B  
(k) MCO 5000.12D  
(l) MCO P1400.31B

Encl: (1) LOCATOR SHEET

1. Purpose. This Manual revises the policies, procedures, standards, and implementation for effective management, operation, and maintenance of the Marine Corps Physical Fitness Test and Body Composition Program.

2. Cancellation. MCO 6100.3J of 29 Feb 1988 and MCO 6100.10B of 26 Mar 1993.

3. Background. The Marine Corps is associated with a military image that is physically fit, neat and trim in appearance, regardless of age, grade, or duty assignment as stated in paragraph 2406 of reference (a). The Marine Corps Physical Fitness Test and Body Composition Program provides the guidance for Commanders to implement and maintain this Program within the Marine Corps.

4. Distribution. This Manual has been assigned Distribution Code \_\_, and those commands concerned will receive updated printouts of their Individual Activity Table of Allowance for Publications indicating Distribution Code \_\_.

5. Summary of Revision. This Manual completely replaces MCO 6100.3J, "Physical Fitness", and MCO 6100.10B, "Weight Control and Military Appearance" providing a combined Physical Fitness Test and Body Composition Program order.

DISTRIBUTION STATEMENT A: Approved for public release; distribution is unlimited.

DRAFT

6. Recommendation. Recommendations concerning the Marine Corps Physical Fitness and Body Composition Program are invited and will be submitted to the Commandant of the Marine Corps (C472TP) via the appropriate chain of command.

7. Reserve Applicability. This Manual is applicable to the Marine Corps Reserve.

8. Certification. Reviewed and approved this date.

W. E. GASKIN  
By direction

DISTRIBUTION:

Copy to:

DRAFT

MCO 6100.3K

LOCATOR SHEET

Subj: MARINE CORPS PHYSICAL FITNESS TEST AND BODY COMPOSITION PROGRAM

Location: \_\_\_\_\_  
(Indicate the location(s) of the copy(ies) for this Manual.)

ENCLOSURE (1)

DRAFT

MARINE CORPS PHYSICAL FITNESS TEST AND BODY COMPOSITION PROGRAM

RECORD OF CHANGES

Log completed change action as indicated.

Change Number	Date of Change	Date Entered	Signature of Person Incorporated Change

# DRAFT

## MARINE CORPS PHYSICAL FITNESS TEST AND BODY COMPOSITION PROGRAM

### CONTENTS

#### CHAPTER

##### INTRODUCTION

- 1 PHYSICAL CONDITIONING PROGRAM (PCP)
- 2 PHYSICAL FITNESS TEST (PFT)
- 3 BODY COMPOSITION PROGRAM (BCP)

#### APPENDIX

- A GLOSSARY
- B "DAILY 16" PROGRAM
- C REMEDIAL PHYSICAL CONDITIONING PROGRAM (RPCP)
- D BODY COMPOSITION PROGRAM (BCP) EVALUATION/ASSIGNMENT PROCESS
- E AGE 46 AND OVER RISK FACTOR SCREENING
- F PFT/BODY COMPOSITION WORKSHEET
- G SCORING TABLE FOR THE PHYSICAL FITNESS TEST (PFT) & PARTIAL PHYSICAL FITNESS TEST (PPFT)
- H ALTITUDE COMPENSATION FOR 3.0 MILE PFT RUN
- I HEIGHT/WEIGHT STANDARDS AND BODY FAT PERCENT TABLES
- J PFT ENHANCEMENT TRAINING
- K LIGHT/LIMITED DUTY ASSIGNMENT PROCESS
- L PREGNANCY PFT & BODY COMPOSITION REQUIREMENTS

## DRAFT

### MARINE CORPS PHYSICAL FITNESS TEST AND BODY COMPOSITION PROGRAM

#### INTRODUCTION

0001. PURPOSE. To promulgate policy and implementing instructions, concerning physical fitness and body composition in the Marine Corps.

0002. STATUS

1. The policies and procedures in this Manual apply to HQMC staff agencies and Commanders who are authorized to issue directives concerning this program.

2. Any deviation from the instructions in this Manual must be authorized by the Commandant of the Marine Corps (C472TP).

0003. RESPONSIBILITY. The Commandant of the Marine Corps (C472TP) is responsible for the accuracy, currency, modification, and distribution of this Manual. HQMC staffs and Commanders are responsible for the timely entry of changes and the physical maintenance of copies of this Manual.

0004. ALLOWANCES

1. Submit requests for changes in allowances of this Manual to the Commandant of the Marine Corps (C472TP). Submit requests per the Marine Corps Publications and Printing Regulations Manual, reference (b).

2. Request missing pages by requisitioning the basic Manual and pertinent changes per reference (b).

0005. ORGANIZATION

1. This Manual is organized into chapters identified by an Arabic numeral as listed in the overall contents.

2. Paragraph numbering is based on four digits. The first digit indicates the chapter; the next digit, the section; the final two digits the general major paragraph number; and the combinations which follow the decimal point, the subparagraph number; e.g., 3103.3a(2) refers to chapter 3, section 1, general major paragraph number 03, subparagraph 3a(2).

3. Pages are numbered in separate series by chapter number, with the chapter number preceding each page number; e.g., the fourth page of chapter 2 is shown as 2-4.

4. A glossary of terms is provided in Appendix A to assist users with definitions/explanations of the numerous terms/acronyms throughout this Order.

DRAFT

0006. CHANGES. Printed changes are posted by following the instructions in the Marine Corps Directives System, reference (c). Interfile changes in the basic manual in consecutive order and complete the Record of Changes page.

DRAFT

MARINE CORPS PHYSICAL FITNESS TEST AND BODY COMPOSITION PROGRAM

CHAPTER 1

PHYSICAL CONDITIONING PROGRAM (PCP)

	<u>PARAGRAPH</u>	<u>PAGE</u>
SCOPE . . . . .	1100	1-
RESPONSIBILITY . . . . .	1101	1-
OBJECTIVES . . . . .	1102	1-
DEFINITIONS . . . . .	1103	1-
MARINE CORPS PCP REQUIREMENTS . . . . .	1104	1-
COMMANDING OFFICER'S ACTION . . . . .	1105	1-



## DRAFT

### MARINE CORPS PHYSICAL FITNESS TEST AND BODY COMPOSITION PROGRAM

#### CHAPTER 1

##### PHYSICAL CONDITIONING PROGRAM (PCP)

1100. SCOPE. As stated in paragraph 2406 of reference (a), every Marine must be physically fit, regardless of age, grade, or duty assignment. Fitness is essential to the day-to-day effectiveness and combat readiness of the Marine Corps. Furthermore, physical fitness is an indispensable aspect of leadership. The habits of self-discipline required to gain and maintain a high level of physical fitness are inherent to the Marine Corps way of life and must be a part of the character of every Marine. Accordingly, every Marine will engage in an effective Physical Conditioning Program (PCP) on a continuing and progressive basis. Marines who are not physically fit can be a detriment to the readiness and combat efficiency of their unit.

1101. RESPONSIBILITY. In order to maintain continuity of standards, the procedures in this Manual will be used for developing and administering the Commanding Officer's conditioning, testing, and remedial programs, and to clarify Body Composition Program (BCP) policies (formerly known as the Weight Control Program). It is the responsibility of Commanding Officers to provide a fair evaluation of Marines' physical fitness and body composition through the procedures outlined in this Order. When necessary, an Appropriately Credentialed Health Care Provider (ACHCP), which will be referred to throughout this Order as a Medical Officer, or "MO", will be required to conduct a thorough physical evaluation; an ACHCP is defined in the Glossary, Appendix A of this Order. This evaluation will include at a minimum, a body composition evaluation and determination of whether weight and body fat gain or both, is due to an underlying cause or associated disease.

##### 1102. OBJECTIVES

1. Unit Focus. Unit physical fitness training should focus on combat conditioning, health, fitness, and unit cohesion rather than preparation exclusively for the semi-annual Physical Fitness Test (PFT). Overemphasis on the PFT can be detrimental to the training development of the total Marine and the unit's mission. Attainment of higher PFT scores should be encouraged as a commendable individual goal, but not a unit's primary physical training objective.

2. Commander's Focus. Commanding Officers will strive to achieve the primary objective of combat conditioning and readiness by emphasizing combat fitness training at the unit level. The Commanding Officer will reflect this objective in the training plans and schedules.

##### 3. Overall Program Focus

a. To contribute to the health and well being of every Marine through regular exercise, fitness testing, health education, and unit physical readiness training.

b. To develop Marines who are physically capable of performing their duties in garrison and in combat.

## DRAFT

c. To develop in Marines a reserve level of physical fitness and endurance that will enhance their chances of success in a combat situation.

d. To provide a medium for developing the individual Marine's self-confidence and desire to excel, thereby enhancing overall discipline, morale, esprit de corps, and unit physical readiness.

1103. DEFINITIONS. The definition of physical fitness is subjective to those defining it. The Marine Corps considers physical fitness to be the ability of a Marine to meet the physical demands of any combat or duty situation without undue fatigue.

1. Components of Physical Conditioning. To capitalize on those components that can benefit training efforts, the following categories of exercises should be included in both individual and unit PCP:

a. Strength. Muscular strength refers to the ability of the muscular system to move the body through resistance. Many associate strength training with progressive resistive exercises using weights and machines. However, the ability of a Marine to effectively handle their own body weight should be a prerequisite before integrating strength training with machines into their program. This can be accomplished through the Daily 16 Program described in paragraph 1103.3.a., and applying the principles listed in paragraph 1103.2. Strength training can be broadly separated into two categories, general and specific.

(1) General strength training. This type of training strengthens the muscular system by focusing on a full body workout for strength and size. In this type of training, the major muscle groups are exercised without a specific task or functional goal in mind. This type of strength training contributes to overall health.

(2) Specific strength training. This type of strength training is task specific. For example, Marines desiring to climb a rope better would do rope climb training wearing body armor, and focus their training on muscles involved in rope climbing. A company of Marines expecting to operate in hilly terrain would focus their strength training on lower body strength.

b. Endurance. Two types of endurance training are needed for a Marine to meet the physical demands of combat, aerobic and anaerobic.

(1) Aerobic endurance. Aerobic activity, meaning "in the presence of oxygen", is categorized by physical demands that are sub-maximal (not "all out") and involve activity that is continuous in nature (lasting more than 3-5 minutes). Two examples are road marching and long distance running.

(2) Anaerobic endurance. Anaerobic activity, meaning "without oxygen", is categorized by physical demands that are high intensity and of shorter (less than 2-3 minutes) duration. Examples are rope climbing, most forms of weight lifting and running short, quick distances.

c. Mobility. Mobility training is geared towards improving quality of movement. Quality of movement depends on the following:

- (1) Posture
- (2) Balance and stability
- (3) Agility

## DRAFT

- (4) Coordination
- (5) Power
- (6) Speed
- (7) Flexibility

2. Principles of Physical Conditioning. There are several different principles to consider when developing an effective PCP:

a. Progression: Training programs must incorporate a systematic means to increase training load.

b. Regularity: To realize a training effect, training programs must be conducted at least 3-4 times per week.

c. Overload: Only when the various systems of the body are overloaded will they become able to handle greater load.

d. Variety: Varying a program from time to time maintains interest and prevents staleness.

e. Recovery: Essential for allowing the systems overloaded during training to adapt and become stronger.

f. Balance: Balanced training programs ensure that all the components of physical fitness conditioning (strength, endurance, mobility) are properly addressed.

g. Specificity: Training that is specific in nature yields specific gains. For example, stationary bike riding is of little value in improving running.

3. Specific Physical Conditioning Programs. Commanding Officers who strive to augment their unit's PCP should use innovative combinations of the types of exercise defined below:

a. "Daily 16" Program. The "Daily 16" Program is a comprehensive series of warm-up, conditioning, and cool-down exercises replacing the former Daily 7 Program. This all-encompassing program can be incorporated into any unit aerobic or anaerobic training session, or can be used as a conditioning session in of itself. Appendix B contains the "Daily 16" Program in detail.

(1) The "Daily 16" warm-up exercises facilitate gradual distribution of blood flow to the muscles, preparing both the cardiovascular and musculoskeletal systems for the exercise session, by effectively targeting both the upper and lower body. The increased blood flow to the muscles produces a warming effect, increasing the elasticity of the muscles and connective tissue, which is believed to reduce injury.

(2) The "Daily 16" conditioning exercises provide a total body workout through the proper execution of traditional calisthenics. Conditioning exercises can be used as a workout session in and of itself, or to augment the main fitness event (e.g., squad ability run or obstacle course).

(3) The "Daily 16" cool-down exercises (which are basically the same as the warm-up exercises) allow the body to gradually return to the pre-exercise state.

## DRAFT

b. Occupational Conditioning. This training is comprised of general physical conditioning exercises that will develop and maintain strength, endurance, and the physical skills necessary to sustain a Marine during combat. Good examples of occupational conditioning that prepares Marines to successfully handle the demands of their particular billet are: Physical Readiness Training (PRT), progressive load-bearing marches, martial arts training, dry net training, Military Operation in Urban Terrain (MOUT) training, combat water survival training, obstacle course and confidence course.

c. Competitive Conditioning. Competitive conditioning activities consist of teams or individuals competing against an opponent to win. This includes a combination of sports and military skills designed to foster the unit's combat readiness, competitive spirit and esprit de corps, (e.g., speed-march reaction courses, orienteering, and water-can re-supply/stretchers/fireman carry relays).

d. Remedial Physical Conditioning Program (RPCP). All Marines who fail the PFT or who are assigned to the Body Composition Program (BCP) will be assigned to a RPCP. Remedial physical conditioning is a process by which Marines are conditioned in a progressive manner to meet prescribed standards. The goal is to provide challenging conditioning sessions, using the spectrum of aerobic conditioning, resistance conditioning, and other related exercises that will afford the Marines an opportunity to rebuild themselves after a weight/body fat increase, injury/illness, pregnancy, or a period that lacked a structured fitness program. The philosophy of remedial conditioning is not punitive in nature, but is intended to encourage improvement in overall fitness or to supplement a BCP. Comprehensive guidance for the development of a command directed RPCP is contained in paragraph 2400 of Chapter 2 and Appendix C of this Order.

e. Alternate Aerobic Conditioning. In cases of lower limb injury or related physical/medical conditions, which often result in light/limited duty that prevent running or hiking, Marines may opt to perform other low impact activities to supplement the requirement for cardiovascular training. Swimming, cycling, cross-country skiing, stair stepping, and rowing are excellent examples of low impact, endurance exercises that provide good augmentation or substitution to running/hiking regimens. For example, the advantages of swimming include the use of all major muscle groups during exercise, reduced lower body stress due to partial body weight being supported by the water, and the absence of impact on bones and joints. Additionally, the body's position in the water increases the efficiency of the circulation back to the heart during exercise. Although these types of aerobic training alternatives may not improve overall running ability (e.g., speed and endurance), it can enhance a current running/hiking regimen, while minimizing related injuries.

### 1104. MARINE CORPS PHYSICAL CONDITIONING PROGRAM (PCP) REQUIREMENTS

1. Individual Requirements. The PCP requires every Marine to:

a. Participate in a minimum of five (5) hours of physical fitness training per week.

b. Be officially tested semi-annually - PFT. (Reserves tested annually.)

DRAFT

- c. Obtain a minimum third class score on all official PFTs.

1105. COMMANDING OFFICER'S ACTIONS. The PCP must provide opportunities for development through supervised individual or group effort, and sustained by common sense leadership at all unit levels. In order to develop and maintain the desired level of fitness, Commanding Officers will:

- 1. Schedule mandatory individual or group exercise/activity.

- a. A minimum of five (5) hours of physical training per week. It is recommended that each training period be a minimum of 60 minutes in duration. The Commanding Officer may authorize shorter periods if necessary to accommodate the unit's training schedule.

- b. Commanding Officers are encouraged/authorized to use normal working hours to satisfy this training requirement. However, Commanding Officers are also authorized to conduct physical training (unit or individual) during off-duty hours when mission requirements, workload, personnel status, or other significant factors dictate.

- 2. Establish, implement, and maintain the PCP requirements as stated in this Order.

- 3. Ensure that all Marines participate in exercises or activities commensurate with their medical qualifications and limitations.

- 4. Ensure proper administration and tracking for all Marines in a light and limited duty status (e.g. Morning Reports).

- 5. Ensure that the unit's PCP is not constructed and implemented solely to prepare for a PFT, but that it emphasizes unit physical readiness training for combat. This distinction should be reflected in the unit training schedules.

- 6. Conduct a semi-annual PFT for all Marines per the instructions contained in Chapter 2 of this Order.

- 7. Officially place and track all Marines who fail the PFT on a RPCP per the guidance set forth in Chapter 2, paragraph 2400 and in Appendix C. Ensure that these Marines remain in the RPCP for a minimum of 30 days, and until the Marine passes the next officially scheduled semi-annual PFT. Commanding Officers are authorized to assign a Marine on a case-by-case basis to RPCP for an extended period in order to avoid possible fitness failure relapse.

- 8. Officially place and track all Marines assigned to a BCP on a RPCP for the duration of their BCP assignment.

- 9. Employ Semper Fit resources to assist in the execution of the PCP, RPCP, and BCP. Semper Fit Fitness Centers staffed by qualified professionals, and the Semper Fit website ([www.usmc-mccs.org](http://www.usmc-mccs.org)) provide expert guidance in the areas listed below. The fitness centers, available at most major Marine Corps installations, can provide the following services:

- a. \*Fitness assessments and exercise prescriptions;
  - b. Exercise orientation;

DRAFT

- c. Group exercise opportunities;
- d. Instructional skill development; and
- e. Health promotion programs.

\*Note: Personal fitness assessments conducted by Semper Fit personnel (e.g., body fat testing with methods other than the taping method), while valuable, will not be considered official for BCP testing.

10. Ensure timely and accurate reporting of PFT results and BCP assignments on fitness reports per reference (d), and that correct unit diary and Service Record Book entries are made, as appropriate, per references (e) and (f).

# DRAFT

## MARINE CORPS PHYSICAL FITNESS TEST AND BODY COMPOSITION PROGRAM

### CHAPTER 2

#### PHYSICAL FITNESS TEST (PFT)

	<u>PARAGRAPH</u>	<u>PAGE</u>
GENERAL INFORMATION . . . . .	2000	2-
SECTION 1: TESTING PROCEDURES		
CONDUCT OF THE PFT . . . . .	2100	2-
EXECUTION OF PFT EVENTS . . . . .	2101	2-
SECTION 2: STANDARDS		
STANDARD PFT . . . . .	2200	2-
ALTITUDE 3.0 MILE RUN . . . . .	2201	2-
SUPERIOR PHYSICAL PERFORMANCE . . . . .	2202	2-
PARTIAL PHYSICAL FITNESS TEST (PPFT) . . . . .	2203	2-
ADMINISTRATIVE PROCEDURES . . . . .	2204	2-
SECTION 3: MEDICAL CONSIDERATIONS		
SCOPE . . . . .	2300	2-
MEDICAL EVALUATION BOARD (MEB). . . . .	2301	2-
PHYSICAL EVALUATION BOARD (PEB) . . . . .	2302	2-
BODY COMPOSITION STANDARDS & LIGHT/LIMITED DUTY .	2303	2-
REENLISTMENT/PROMOTION . . . . .	2304	2-
PREGNANCY/POSTPARTUM . . . . .	2305	2-
MEDICAL WAIVERS/EXEMPTIONS . . . . .	2306	2-
AGE 46 & OVER RISK FACTOR SCREENING . . . . .	2307	2-
SECTION 4: REMEDIAL PROCEDURES		
REMEDIAL PHYSICAL CONDITIONING PROGRAM (RPCP) . .	2400	2-
ADMINISTRATIVE ACTIONS FOR UNSATISFACTORY (SUBSTANDARD) PERFORMANCE . . . . .	2401	2-

## DRAFT

### TABLES

2200-1	MINIMUM ACCEPTABLE PERFORMANCE REQUIREMENTS FOR PFT EVENTS	2-
2200-2	MINIMUM PFT CLASSIFICATION SCORES	2-
2203-1	PARTIAL PFT (PPFT) CLASSIFICATION SCORES	2-
2401-1	ADMINISTRATIVE ACTIONS	2-



## DRAFT

### PHYSICAL FITNESS AND BODY COMPOSITION PROGRAM

#### CHAPTER 2

##### PHYSICAL FITNESS TEST (PFT)

###### 2000. GENERAL INFORMATION

1. Purpose. The Physical Fitness Test (PFT) provides an instrument that measures the level of physical fitness of all Marines. It is a measurement of general fitness vice combat readiness and MOS capability. The standard PFT consists of three (3) events: male Marines will perform dead-hang pull-ups, abdominal crunches, and a 3.0 mile run, and female Marines will complete the flexed-arm hang, abdominal crunches, and a 3.0 mile run. These events are designed to test the strength and stamina of the upper body (shoulder girth), midsection, and lower body, as well as the efficiency of the cardiovascular system.

2. Personnel to be tested. Commanding Officers will administer the PFT semi-annually (calendar year) to all active duty Marines, regardless of age, gender, grade, or duty assignment.

a. PFT Not Required. The condition when a Marine will not be required to conduct a semi-annual PFT:

(1) Personnel on duty in a combat zone; the semi-annual PFT may be waived until their return from the combat zone.

(2) Pregnant Marines medically waived from taking a PFT.

(3) Marines in a bona-fide light duty or limited duty status, restricting them from participating in the PFT or Partial PFT (PPFT). Appropriate documentation by a MO, that assigns light duty or directs a Medical Evaluation Board (MEB) action, is mandatory.

(4) Marines medically retired or separated (e.g., Marines found Unfit for duty and continued service by a Physical Evaluation Board (PEB)). Reference paragraph 2302 for further details/guidance.

b. PFT Requirement for End of Active Service (EAS)/Retirement

(1) Official requests or notification for resignation, retirement or any means of EAS, submitted more than six (6) months prior to the Marine's official retirement or EAS date does not exempt a Marine from the PFT for that semi-annual period. A PFT is required.

(2) A Marine, within six (6) months of their official retirement date or EAS, is not required to take that semi-annual PFT unless directed by their Commanding Officer. This date is not the date that terminal leave begins. For example, a Marine whose EAS or retirement is in September, but is commencing terminal leave in June, will be required to take the semi-annual PFT for the January-June period. This Marine is not required to take the semi-annual PFT for the July-December period.

(3) Retirement/EAS Final Physical Examination. Completion of the required final physical examination, regardless of when it is completed, does

## DRAFT

not exempt a Marine from taking the PFT. A Marine, who elects to complete their final physical examination 7-12 months prior to EAS or retirement, will still be required to take the semi-annual PFT for that period. For example, a Marine who completes the final physical in March, but does not EAS or retire until October, will still be required to take the semi-annual PFT for the January-June period.

(4) Medically Retired/Separated. A Marine who is being medically retired or separated may not be required to fulfill the last semi-annual PFT requirement, based on their physical condition and limitations. Marines physically able (medically authorized) to complete two (2) of the three (3) events without risking further injury may be required to conduct a Partial PFT (PPFT). Reference Section 2203 for details on the PPFT requirements and procedures.

c. Selected Marine Corps Reserve (SMCR). Reserve Marines are required to conduct an annual PFT. Reserve Marines on Active Duty Special Work (ADSW) orders for 30 days or more, can conduct their official annual PFT with that unit. All scores are good for 2 years (for cutting score purposes), if training does not permit testing.

## DRAFT

### MARINE CORPS PHYSICAL FITNESS TEST AND BODY COMPOSITION PROGRAM

#### CHAPTER 2

##### PHYSICAL FITNESS TEST (PFT)

##### SECTION 1: TESTING PROCEDURES

##### 2100. CONDUCT OF THE PFT

1. Body Composition Evaluation. Marines scheduled to conduct an official semi-annual PFT, will be required to be measured for height/weight 14-60 days prior to the scheduled PFT. This evaluation will not be conducted on the same day as the scheduled PFT. The objective is to prevent Marines from taking extreme measures for rapid and potentially unhealthy weight loss prior to the weigh-in portion of the PFT. This safety measure will afford Marines adequate time to hydrate and eat healthy prior to the PFT. Following this safety measure enables Marines to perform their best, while reducing the risks of injury (e.g., dehydration, heat injuries). Due to the health risks stated, this measure is worth the administrative effort.

a. Weigh-Ins. Regardless of duty status (full/light/limited duty), all Marines are required to complete an official semi-annual body composition evaluation as prescribed by the unit training schedule. Commanding Officers are authorized to conduct impromptu unit body composition evaluations at any time to ensure Marines are maintaining standards.

(1) Uniform for the evaluation is the USMC established green-on-green shorts and t-shirt, socks and no shoes. No other uniform is authorized and no weight reductions will be granted for clothing.

(2) Height measurement is required for each weigh-in. Height will be measured without shoes, heels flat on the platform, shoulders back, arms to the side in a relaxed manner, and head straight forward. Fractions of an inch in height will be rounded up to the nearest whole inch. For example, if a Marine's height measures greater than 71 inches (but less than 72 inches) then their height will be rounded up to the nearest whole inch, "72" inches in this case, and documented appropriately.

(3) Weight measurement will be obtained using a calibrated balance beam scale in the required PT gear, without running shoes. Fractions of a pound in weight will be rounded down to the nearest whole pound. For example, if a Marine is weighed in anywhere between 145.1 and 145.9 lbs, then their weight will be recorded as 145 lbs. Refer to Section I of Appendix I to review the height/weight chart.

(4) If determined that the Marine is not within height/weight standards, then they will be measured for body fat immediately (i.e., same day). Marines will be measured for body fat using a standard, non-stretching (cloth or fiberglass) tape measure per the instruction in paragraph 3100.2.c. Appendix I contains the body fat percent tables.

(5) Marines who exceed height/weight and body fat standards will be further evaluated based on PFT Classification score; refer to Section 3101 in Chapter 3.

## DRAFT

2. Age 46 & Over Risk Factor Screening. A Marine age 46 and older must complete the Risk Factor Screening, Appendix E, 30-60 days prior to conducting each semi-annual PFT. The Marine will self-validate the questionnaire and submit it to their Commanding Officer for review. If the Marine answers "no" to all of the questions, the Marine will be authorized to take the PFT. In the event that the Marine answers "yes" to any of the questions (in Section A or B), the Commanding Officer will refer the Marine to a MO for further evaluation, and will not be permitted to take the PFT until authorized by the MO. The original Risk Factor Screening (and any follow-on medical documentation) will be maintained in the Marine's Medical Record and a copy will be kept on file with the Commanding Officer. Reference Section 2307 for details on the Age 46 & Over Risk Factor Screening.

3. Uniform. The authorized uniform for the official PFT is the USMC established green-on-green shorts and t-shirt. The green-on-green sweat suit may be used in winter climates. Substitutions of the aforementioned uniform are at the discretion of the Commanding Officer.

4. Sequence of Events. The sequence of PFT events will be at the discretion of the Commanding Officer. All PFT events will be conducted in a single session, not to exceed two (2) hours in duration. Movement of Marines from one event to the next event should allow adequate time to recover, stretch, and hydrate.

5. Restriction of Events. The Commanding Officer will not impose restrictions on the performance of any event other than those specifically stated in this Order. For example, a unit will not mandate that Marines use the overhand grip only when executing pull-ups or flexed-arm hang.

6. Monitoring. Marines will be kept advised of their progress as they are performing each event. The PFT monitor will call out each repetition for the pull-ups, and time-passed (in intervals) for the flexed-arm hang and abdominal crunch. Marines will be given their split time at the halfway mark on the 3.0 mile run course.

7. Logistics. Minimal special-type equipment is required to conduct a PFT.

a. Pull-up bar requirements

(1) Diameter of the bar may range between 1 and 1 ¾ inches; athletic tape on the bar is authorized.

(2) Bar must be high enough to allow the tallest Marine's legs to hang straight without touching the ground, when fully extended.

(3) Bench or stool may be used for shorter Marines to initially grasp the bar.

(4) Marines may elect to wear gloves (military issue only) during the pull-ups or flexed-arm hang event. However, sweatshirts will be removed during the conduct of the pull-up and flexed-arm hang events in order to observe the lockout of the elbows with each repetition.

DRAFT

b. 3.0 mile Run Course

(1) The run course must be officially and accurately measured and set over reasonably level ground. Paragraph 2101 details this event.

c. Support Equipment & Personnel (Monitors)

(1) A stopwatch is required for the flexed-arm hang, abdominal crunch, and 3.0 mile run.

(2) Safety equipment is mandatory when conducting a PFT. Safety vehicles, water jugs, ice (in warm climates), and communication capabilities, at a minimum, must be present. A corpsman is not mandatory, but strongly recommended. Units that conduct a PFT in close proximity to the unit headquarters are exempt from "staging" safety equipment, but must have the minimum requirements readily accessible.

(3) Adequate supervisory personnel to monitor each event and act as timekeepers and recorders.

d. PFT/Body Composition Worksheets. Appendix F contains the worksheet for recording PFT and body composition data.

(1) Worksheets will be maintained in the unit's S-3 Section and/or with the unit PFT representative. The following information will be recorded on the worksheet:

(a) Marine's height/weight, percent body fat, "Age 46 & Over Risk Factor Screening", and "Physical Performance Evaluation" (if required), event time(s)/total number of repetitions, overall score, and age-based PFT classification.

(b) Points for each event will be awarded according to the standard PFT Scoring Table located in Appendix G.

(c) Age group performance minimum time and repetitions, by event, are listed in Table 2200-1 found Chapter 2 of this Order.

(d) Minimum (standard) PFT classifications are listed in Table 2200-2 and PPFT classifications are listed in Table 2203-1 of this Order.

8. Score reporting. Officially scheduled PFT scores will be entered into the Marine Corps Total Force System (MCTFS), per reference (e).

a. Remedial Scores. Remedial PFT scores (e.g., retests to improve a score or to be removed from the RPCP) will not be entered into MCTFS. The original score prior to placement on the RPCP, (e.g., the failing PFT score), will remain the score of record.

b. Paragraph 2204 in this Chapter details the administrative (recording) procedures.

2101. EXECUTION OF THE PFT. The standard PFT consists of three events that measure cardiovascular endurance, and muscular strength and endurance. Male Marines will perform dead-hang pull-ups, abdominal crunches and a 3.0 mile run. Female Marines will perform the flexed-arm hang, abdominal crunches, and a 3.0 mile run.

## DRAFT

1. Individual performance on each PFT event will be executed as follows:

a. Dead Hang Pull-up/Chin-up. The goal of the pull-up event is for the Marine to execute as many accurate and complete pull-ups before dropping off the bar. The procedures are:

(1) This is not a timed event.

(2) Sweatshirts will be removed during the conduct of the pull-up event in order to observe the lockout of the elbows with each repetition.

(3) Assistance to the bar with a step up, being lifted up, or jumping up is authorized. Any assistance up to the bar will not be used to continue into the first pull-up.

(4) Grasp the bar with both palms facing either forward or to the rear.

(5) The correct "starting position" begins when the Marine's arms are fully extended beneath the bar, feet are free from touching the ground or any bar mounting assist, and the body is motionless.

(6) Marine's legs may be positioned in a straight or bent position, but may not be raised above the waist.

(7) One repetition consists of raising the body with the arms until the chin is above the bar, and then lowering the body until the arms are fully extended; repeat the exercise. At no time during the execution of this event can a Marine rest his chin on the bar.

(8) The intent is to execute a vertical dead hang pull-up. A certain amount of inherent body movement will occur as the pull-up is executed. However, the intent is to avoid a pendulum-like motion that enhances ones ability to execute the dead-hang pull-up. Whipping, kicking, kipping of the body or legs, or any leg movement used to assist in the vertical progression of the pull-up is not authorized. If observed, the repetition will not count for score.

(9) A repetition will be counted when an accurate, complete pull-up is performed.

(10) See Appendix G to determine the number of points awarded for the Marine's pull-up score.

b. Flexed-Arm Hang. The goal of the flexed-arm hang event is for a Marine to hang (maintain elbow flexion) for as long as possible.

(1) This is a timed event.

(2) Sweatshirts will be removed during the conduct of the flexed-arm hang event in order to observe when the Marine has completely locked-out the elbows.

(3) Assistance to the bar with a step up, being lifted up, or jumping up to the start position is authorized.

## DRAFT

(4) The bar must be grasped with both palms facing either forward or to the rear.

(5) The correct starting position begins when the Marine's arms are flexed at the elbow, the chin is held above the bar and not touching it, and the body is motionless. At no time during the execution of this event can a Marine rest her chin on the bar.

(6) Marines are authorized to drop down below the bar, however, some degree of elbow flexion must be maintained. Once a Marine's arms are fully extended or the Marine drops off the bar, the clock will stop.

(7) See Appendix G to determine the number of points awarded for the Marine's flexed-arm hang score.

c. Abdominal Crunch. The goal of the abdominal crunch event is for a Marine to execute as many proper and complete crunches within the prescribed time limit.

(1) Two-minute time limit.

(2) On a flat surface Marines will lie flat on their back with shoulder blades touching the deck, knees will be bent and both feet will be flat on the deck.

(3) The arms will be folded across the chest or ribcage with no gap existing between the arms and chest or ribcage. The arms must remain in constant contact with chest or ribcage, when raising the upper body from the starting position until the forearms or elbows touch the thighs and then returning to the starting position with the shoulder blades touching the deck.

(4) The buttocks will remain in constant contact with the deck throughout the event. No arching of the lower back or lifting the buttocks is permitted.

(5) An assistant may be used to hold the Marine's legs or feet, below the knees in whatever manner that is most comfortable for the Marine. Kneeling or sitting on the Marine's feet is permitted.

(6) A single repetition consists of raising the upper body from the start position until the forearms or elbows touch the thighs, then returning to the starting position touching the shoulder blades to the deck. When an accurate and complete abdominal crunch is performed, a repetition will be counted.

(7) See Appendix G to determine the number of points awarded for the Marine's abdominal crunch score.

d. 3.0 Mile Run. The goal is for a Marine to complete the measured course as quickly as possible.

(1) This is a timed event.

(2) Marines will run three (3) miles over a reasonably level surface.

## DRAFT

(3) The two (2) Marines monitoring the run portion of the PFT will synchronize their watches in advance. On the command to start, both Marines will start their watches simultaneously when the last Marine passes the starting point. One Marine will remain at the start/finish and the second Marine will take the safety vehicle (with communication capabilities) to the halfway point (1.5 mile mark). Both Marines will call out the split or finishing time as appropriate, as each Marine passes.

(4) An indoor or outdoor track is permissible for the conduct of the 3.0 mile run. A determination as to whether the track is a yard or meter track must be made and the track measured to ensure accurate distance, prior to conducting the PFT. Run courses should not require a Marine to do more than twelve (12) laps to cover 3.0 miles, (e.g., a course should not be shorter than 440-yard per lap). Under no circumstances is a treadmill authorized. (PFTs conducted aboard ship, although not encouraged, are at the Commanding Officer's discretion.)

(5) See Appendix G to determine the number of points awarded for the Marine's run score. Marines permanently assigned or on temporary additional duty (TAD) to locations at or above 4500 feet above sea level will have adjusted run times. Reference Section 2201 and Appendix H for details on altitude adjustments.



# DRAFT

## MARINE CORPS PHYSICAL FITNESS TEST AND BODY COMPOSITION PROGRAM

### CHAPTER 2

#### PHYSICAL FITNESS TEST (PFT)

##### SECTION 2: STANDARDS

2200. STANDARD PFT. The standard PFT consists of three (3) events that measure cardiovascular endurance, muscular strength and endurance and mobility. Male Marines will perform dead-hang pull-ups, abdominal crunches, and a 3.0 mile run. Female Marines will complete the flexed-arm hang, abdominal crunches, and a 3.0 mile run.

1. Passing the PFT. To successfully pass the PFT, Marines must complete the minimum acceptable performance requirements in each event and achieve an overall combined score for their age group as shown in Table 2200-1. Marines must be made aware that the minimum combined scores alone will not total the minimum passing PFT score. Additional points must be earned in at least one event in order to meet the minimum passing PFT score per age group. Failure to meet the minimum requirements in each event constitutes a failure of the entire test, regardless of the total number of points earned for all three events. Marines on light/limited duty will complete the two events of a partial PFT that have been medically authorized, and must meet the established minimum requirements in those events. Paragraph 2203 further details the PPFT scoring requirements.

AGE	PULL-UPS/ FLEXED-ARM	ABDOMINAL CRUNCHES	3.0 mile RUN (MIN)	TOTAL POINTS	MIN PASSING PFT SCORE	ADNT'L POINTS NEEDED TO PASS
17-26	3/15(SEC)	50	28(m) 31(f)	105	135	30
27-39	3/15	45	29(m) 32(f)	94	110	16
40-45	3/15	45	30(m) 33(f)	88	88	0
46+	3/15	40	33(m) 36(f)	65	65	0

Table 2200-1 -Minimum Acceptable Performance Requirements for PFT Events

2. PFT Classification Scores. Table 2200-2 below shows the minimum scores required per age group to earn each PFT classification score. Marines should be encouraged to continually strive to perform their best and not merely accept minimum performance, unless medically restricted.

# DRAFT

PFT CLASS	AGE GROUPS			
	17-26	27-39	40-45	46+___
1 <sup>ST</sup>	225	200	175	150
2 <sup>ND</sup>	175	150	125	100
3 <sup>RD</sup>	135	110	88	65

Table 2200-2 Minimum PFT Classification Scores

2. Individual event point values for males and females are included in Appendix G.

2201. ALTITUDE 3.0 MILE RUN. Marines permanently assigned or on temporary additional duty (TAD) to locations at or above 4500 feet above sea level will have adjusted run times. The altitude 3.0 mile run point values are contained in Appendix H. Units are directed to provide newly joined Marines a 30-day acclimation period prior to conducting an officially scored PFT.

2202. SUPERIOR PHYSICAL PERFORMANCE. Marines who possess a keen interest in excelling on the PFT will be given the opportunity to do so. Superior physical performance is recognized for scores of 285 and above. Commanding Officers will recognize these Marines locally for their superior performance. Formations, appropriate ceremonies, issuance of locally produced certificates/awards are encouraged and highly recommended. Commanding Officers will provide a comment in Section I of the fitness report for Sergeants and above, who achieve superior physical performance during the reporting period.

2203. PARTIAL PHYSICAL FITNESS TEST (PPFT). Marines who are medically excused from performing a particular event of the PFT as certified by a MO (e.g., light/limited duty), are required to perform a PPFT. The Marine will be required to obtain at least the minimum passing performance for the two (2) events they are medically qualified, in order to pass the PPFT. Failure to meet the minimum standards in either event constitutes a PPFT failure; refer to Table 2200-1 for required minimums for each event. The PFT/Body Composition Worksheet will indicate the event not taken and whether light duty, a Temporary Limited Duty (TLD), or a Permanent Limited Duty (PLD) status was the reason for the PPFT. Marines completing a PPFT will have this score entered into the MCTFS as their official semi-annual score.

1. The first step in scoring the PPFT is to understand that performance on the PPFT is calculated as a percentage of the maximum 300 points attainable on the PFT. For example, a 1<sup>st</sup> class PFT score (age 17-26) is 225 points - or 75% of the maximum attainable score of 300 points.

Example:      75% of 18:00 minutes for the run = 22:30  
                  75% of 100 for the crunches = 75 repetitions  
                  75% of 20 repetitions for the pull-up = 15 repetitions

2. Performance on a partial PFT will be expressed as a partial 1<sup>st</sup> class, partial 2d class, partial 3d class or Failure. No numerical score will be reported. To earn a specific classification on a PPFT, the Marine's

## DRAFT

performance on the completed events must average higher than the percentage corresponding to the score for a specific class.

Example (1): A male Marine (age 17-26) takes the pull-up and run events of the PFT. His run time is 22:45 (74% of the maximum attainable score of 18:00 minutes) and he completes 17 pull-ups (85% of the maximum attainable score of 20 pull-ups). The average  $(74\% + 85\% / 2)$  of these scores is 79%. 79% of 300 is 237. This score is a 1<sup>st</sup> Class PPFT score based on Table 2203-1 below.

Example (2): A female Marine (age 27-39) takes the flexed-arm hang and crunch events of the PFT. Her flexed-arm hang time is 57 seconds (81% of the maximum attainable time of 70 seconds) and 50 crunches (50% of the maximum attainable score of 100 crunches). The average  $(81\% + 50\% / 2)$  of these scores is 66%. 66% of 300 is 198. This score is a 2d class PPFT score based on Table 2203-1 below.

Score (% of Max)

	17-26	27-39	40-46	46+
1 <sup>st</sup> Class	225 (75%)	200 (67%)	175 (58%)	150 (50%)
2d Class	175 (58%)	150 (50%)	125 (42%)	100 (33%)
3d Class	135 (45%)	150 (50%)	88 (29%)	65 (22%)

Table 2203-1 - Partial PFT (PPFT) Classifications

3. Reporting. As with a standard PFT, failure of either event on a PPFT, or failing to score an average percentage less than 3<sup>rd</sup> class for a particular age group constitutes a test failure. Passing PFT scores will be entered into MCTFS as stated in paragraph 2204 in this Order.

4. Consecutive PPFTs. Marines on limited duty and who are medically exempt from taking the PFT or partial PFT for two consecutive semi-annual periods (PFTs), for the same injury or illness, will be referred to a MO and processed for a Medical Evaluation Board (MEB) and PEB or both to determine fitness for duty, as stated in reference (g).

### 2204. ADMINISTRATIVE PROCEDURES

#### 1. Official Recording

a. Unit Diary. Only when the Commanding Officer declares that the PFT scheduled is official, will scores be reported by a unit diary entry and entered in the Marine Corps Total Force System (MCTFS), per reference (e). Only one PFT score will be reported on the unit diary per semi-annual period.

(1) Unofficial PFTs. Absolutely no retests or remedial scores will be recorded on the unit diary. PFTs taken for inventory purposes, such as a Marine reporting into a new unit or school, or taken for screening checklists purposes, will not be reported on the Unit Diary. In addition, PFT scores for unit PT or RPCP testing may not be used for (or replace a score for) the semi-annual requirement.

DRAFT

(2) MCTFS Entries for PFTs. The below entries will be used to report PFT/PPFT scores, medical status (light/limited duty), and failed PFT.

<u>TTC/SEQ</u>	<u>STATEMENT</u>	<u>DESCRIPTION</u>
481 007	PFT MED	Medically excused
481 009	PFT RNT	Required but not taken
481 010	PFT PAR	Passed partial PFT
481 011	PFT FAIL	Failed PFT

(3) The PFT will appear in MCTFS as a ten-byte code defined as follows:

<u>0000622551</u>	Defined as	<u>0000</u>	<u>6</u>	<u>2</u>	<u>255</u>	<u>1</u>
		1	2	3	4	5

- (a) 1 - Will post as 0000.
- (b) 2 - Second byte is the calendar year, e.g., 5 = 98, 6 = 99.
- (c) 3 - Calendar year half, e.g., 1 = 1<sup>st</sup>, 2 = 2<sup>nd</sup>.
- (d) 4 - PFT score reported.
- (e) 5 - Class:
  - 1 = 1<sup>st</sup> Class PFT
  - 2 = 2<sup>nd</sup> Class PFT
  - 3 = 3<sup>rd</sup> Class PFT
  - 4 = Fail/RNT (Required Not Taken)
  - 5 = Medical (Limited Duty)
  - 8 = Partial
  - 6 = 1<sup>st</sup> Class PPFT
  - 7 = 2<sup>nd</sup> Class PPFT
  - 9 = 3<sup>rd</sup> Class PPFT

b. Fitness Report. All PFT score reporting will be done in accordance with reference (d), paragraph 4003.8b.

(1) Official semi-annual PFT scores will be recorded in Section A (Administrative Information), Special Information in block 8.b.

(2) Mandatory comments will be made in Section I: Directed & Additional Comments for the following circumstances:

(a) Superior performance. Score of 285 and above.

(b) Not Medically Qualified (NMED). Light or limited duty status. Refer to paragraph 2300.3 for further details.

(c) Partial PFT (PPFT). Sergeants and above that have been granted a medical excuse by a MO, and who complete a PPFT will have their PPFT classification entered in block 8.b. of Section A of their fitness report as shown below. A brief explanation of the necessity for the PPFT must be included in Section I.

PAR1- Partial PFT, 1<sup>st</sup> class  
PAR2- Partial PFT, 2<sup>nd</sup> class  
PAR3- Partial PFT, 3<sup>rd</sup> class  
FAIL- Same reporting procedure as for full PFT

## DRAFT

(d) PFT Failure. A PFT failure requires that Sergeants and above receive an adverse fitness report. A Page 11 is not required.

(e) Required but did not take (RDNT). A RDNT requires that Sergeants and above receive an adverse fitness report. RDNT will be recorded in block 8.b. of Section A, and an explanation must be included in Section I of the fitness report. A Page 11 is not required.

c. Proficiency/Conduct (PRO/CON) Marks. PRO/CON marks will be appropriately delineated for Superior performance, PFT failure, or RDNT per reference (f), Para 4007. A Page 11 is not required.

d. Page 11 OQR/SRB entries. Page 11 entries are not required for Marines who fail a PFT or for when a PFT is required but did not take (RDNT).

e. Superior Performance Recognition. Commanding Officers will initiate programs to recognize Marines who demonstrate superior physical performance on the semi-annual PFT. Recognition may be made to such Marines by giving locally produced certificates or awards during a formation or appropriate ceremony.

## 2. Consecutive/Repeated PFT Failures

a. Promotion/Reenlistment/Special Schools. Marines may be denied promotion, reenlistment, and/or special schools if they repetitively fail officially scheduled PFTs and PPFTs.

b. Administrative Separation. Marines may be subject to administrative separation, per Chapter 6 of reference (g) paragraph 6105 and 6125, for the following circumstances:

(1) Unsatisfactory (Substandard) Performance. Repetitive PFT failures due to lack of physical conditioning displays poor self-discipline in a Marine's responsibility to maintain fitness standards.

(2) Medical Condition. (Repetitive PFT failures due to a medical condition.) Marines may not be repeatedly excused from participation in the PFT without MEB action being taken; reference Section 2301 for further details on the MEB.

## DRAFT

### MARINE CORPS PHYSICAL FITNESS TEST AND BODY COMPOSITION PROGRAM

#### CHAPTER 2

#### PHYSICAL FITNESS TEST (PFT)

#### SECTION 3: MEDICAL CONSIDERATIONS

2300. SCOPE. When a Marine is unable to take or pass the PFT due to a physical or medical condition, then an official medical evaluation by a MO must be conducted, in order to excuse the Marine from participating in a particular event or the entire test. If the physical or medical condition becomes extended or considered permanent in nature, then a determination by a formal Medical Evaluation Board (MEB) or a Physical Evaluation Board (PEB) or both must be conducted to determine the Marine's medical qualification for continued active service. Marines evaluated for or assigned to a light duty or limited duty status are still required to perform those events of the PFT that are not affected by the condition, unless otherwise specified by the MO. A Marine may not be repeatedly excused from participation in the PFT without a MEB action taken.

##### 1. Light Duty

a. The status a MO assigns to a Marine when it is determined that a medical condition exists that temporarily interferes with the performance of their duty, but the Marine is expected to return to full duty. A MO may recommend up to 30 days light duty. A Marine that is reevaluated and not returned to a full duty status in 30 days will be placed on medical hold, and a MEB must be initiated and completed within the following 30 days.

b. Light duty is not authorized for Reservists on inactive duty.

##### 2. Limited Duty

a. The status a MO assigns to a Marine when it is determined that a medical condition exists that requires an extended period of time before they can return to full duty.

(1) Marines on limited duty, who are medically exempt from two (2) consecutive PFTs or partial PFTs for the same injury or illness, will be referred to a MO and processed for a MEB or a PEB or both to determine fitness for duty.

(2) A MEB must be conducted in order to assign a Marine to a "Temporary Limited Duty (TLD)" status. A Marine can be assigned to a TLD status for one (1) to eight (8) months.

(3) A PEB must be conducted in order to grant a Marine an extension to TLD, to be assigned a Permanent Limited Duty (PLD) status, or to be processed for separation.

3. Fitness Report Requirement for Limited Duty. Marines on limited duty for an entire semi-annual period will have "not medically qualified (NMED)" recorded in block 8.b. of Section A and an explanation included in Section I of the fitness report, per reference (d).

DRAFT

4. Removal from Light/Limited Duty. Marines removed from light or limited duty status by a MO, who did not take a PFT/PPFT for the semi-annual requirement, will be administered an official PFT within 90 days. Commanding Officers should be attentive to the fact that a Marine returned to full duty status will need to train at a moderate pace to return to the level of fitness experienced prior to the injury. As a result, a Marine will be given no less than 30 days and no more than 90 days preparation after being returned to "full" duty status to complete the PFT. If the grace period crosses over into the next semi-annual interval, the PFT score will satisfy the current requirement and PFT MED (medical excusal) will be entered into MCTFS for the earlier testing period.

2301. MEDICAL EVALUATION BOARD (MEB). A MEB is a group of MO's at a local Military Treatment Facility (MTF) convened for the purpose of identifying the physical and mental qualifications of referred Marines to return to full duty. The MEB is charged with determining whether a Marine's limitation(s) preclude their return to full duty within a reasonable period of time or at all. A MEB will evaluate and report on the diagnosis, prognosis, possible return to full duty, plan for further treatment, and make medical recommendation(s) for disposition. Reference Appendix K of this Order for further details on when a MEB is required.

1. Case Referrals. A MEB case referral will be made on Marines not returned to a full duty status after the maximum 30 days of light duty, or medically waived from completing a PFT or PPFT for two consecutive semi-annual periods for the same medical condition.

a. Action. A MEB may recommend:

(1) Returning the Marine to full duty.

(2) A period of limited duty if the initial light duty period of 30 days has not rectified the problem.

(3) Placing the Marine on Medical Hold. Medical Hold is a temporary status, not to exceed 30 days, that is used to allow a MEB to convene and evaluate a Marine's case.

(4) Forwarding the case to CMC (MMSR-4) for review.

(a) The MTF must notify the Marine's command and must notify and forward a copy of the abbreviated limited duty form to CMC (MMSR-4) via naval message.

(b) Upon review, TLD may be approved, or the MEB may forward the case to the PEB for determination of fitness for continued military service.

(5) Assigning the Marine to Temporary Limited Duty (TLD). TLD is an assignment of limited duty for a specified period. Assignment to TLD can only be made after the completion of a MEB, and only if the prognosis is that the Marine can be returned to full duty within the specified period. The cumulative period of TLD will not exceed 16 months. The MCTFS duty limitation code for this status is "Q, LD MED BOARD" per paragraph 1206 of reference (h). The Marine's command is responsible for entering the code into MCTFS when TLD is authorized.

## DRAFT

(a) Enlisted assignment to TLD. A MEB recommending an initial period of TLD up to 8 months for enlisted Marines may be approved at the local MTF without approval from CMC (MMSR-4).

(b) Officer assignment to TLD. A MEB recommending any period of TLD for Marine Officers, to include TLD extensions, must be submitted to CMC (MMSR-4) for review and approval.

(c) Medical Reevaluation. A MEB reevaluation of the Marine's status must be made 60 days prior to the expiration date of any assigned TLD period. The MEB at the local MTF must inform the command and CMC (MMSR-4) of the Marine's updated medical status prior to the completion of the TLD period.

(d) Assignment Extensions. Subsequent enlisted assignments that extend the TLD status beyond 8 months must be submitted to CMC (MMSR-4) for review and approval.

(6) Forwarding the case to a Physical Evaluation Board (PEB) for determination of fitness to continue military service. Chapter 8 of reference (g) and paragraph 2302 below further details actions to be taken.

2. Reserve Applicability. Limited Duty is not authorized for Reserves in an inactive duty status.

### 2302. PHYSICAL EVALUATION BOARD (PEB)

1. The PEB acts on behalf of the Secretary of the Navy to make determinations of fitness for continued military service, entitlement to benefits, disability ratings and disposition of the medical case. A PEB is required to convene for cases that exceed the maximum 16 months of limited duty or when a Marine's initial diagnosis and prognosis do not anticipate a return to full duty. Reference Appendix K of this Order for further details on when a PEB is required.

#### 2. PEB findings:

a. "Fit" for full duty. To be found Fit to continue military service by the PEB, evidence must be present that the Marine is reasonably able to perform (without medical impairment) the duties of their billet, grade, or rank remaining on their period of service obligation to include Reserve obligation. Marines found Fit by the PEB are eligible for appropriate assignment. A finding of Fit does not preclude subsequent determinations of unsuitability for deployment, PFT participation, disqualification for special duties, TLD, or administrative action (including separation) resulting from such determination.

b. "Unfit" for full duty. To be found Unfit by the PEB to continue military service, evidence must be present that the Marine is unable to reasonably perform the duties of their billet, grade, or rank remaining on their period of service obligation to include Reserve obligation. The PEB will request that CMC (MMSR-4) separate or retire Marines found unfit to continue military service.

c. Permanent Limited Duty (PLD). PLD is a continuation on active duty in a permanent limited duty status, which is approved after a Marine has been determined Unfit by a PEB as a result of physical disability. PLD is



## DRAFT

assigned when a Marine is not expected to return to full duty earlier than 16 months or it is projected that the condition cannot be corrected. A Marine can remain on active duty with a PLD status, provided criteria (e.g.,  $\geq 18$  and  $\leq 20$  years active duty) is met per reference (d).

(1) OQR/SRB Entry Requirements. When a permanent medical condition has been identified, appropriate entries will be placed in the Marine's health record and OQR/SRB. This will eliminate the necessity to repeatedly issue medical waivers. The health record entry will include MEB/PEB findings, including the date of the medical determination, diagnosis, prognosis, and restrictions imposed. The OQR/SRB entry will include the date of medical determination and restrictions imposed.

(2) PLD is requested through the PEB and approved by CMC (MMSR-4). PLD requests will be authorized by the PEB based on the best interest of the Marine Corps and the health of the Marine. The MCTFS duty limitation code for this status is "S, RETN LD STAT" per paragraph 1206 of reference (h). Only CMC (MMSR-4) is authorized to enter or remove this code from MCTFS.

(3) A Marine assigned to PLD for a period greater than six (6) months, must be reevaluated and have a complete MEB sent to the PEB no later than four (4) months prior to PLD expiration date. A copy will be forwarded to the CMC (MMSR-4). This permanent defect/condition will be reevaluated and updated at each service-related required physical evaluation, (e.g., annual, reenlistment, etc.).

### 2303. BODY COMPOSITION STANDARDS & LIGHT/LIMITED DUTY

1. Body Composition Standards. Marines assigned a light or limited duty status or placed on medical hold for MEB/PEB screening will maintain body composition standards. Being screened for or placed on limited duty *does not* remove the Marine's responsibility to comply with Marine Corps standards. A Marine that fails to maintain body composition standards (e.g., weight and body fat) may be placed on a BCP, assigned to a modified RPCP (reflecting physical restrictions as determined by a MO), and given dietary adjustments to follow. Limited duty Marines assigned to a BCP, who fail to successfully return to Marine Corps standards upon completion of the Program, are subject to administrative action, to include a Page 11 counseling per paragraph 6105 and/or processed for administrative separation per reference (g).

### 2304. REELISTMENT/PROMOTION

#### 1. Enlisted

a. Enlisted Marines shall not be granted reenlistment while assigned to a PLD status unless the Commandant of the Marine Corps grants a specific waiver. Instead, the Marine should be placed on medical hold Convenience of the Government Medical (COFGM), until found Fit or Unfit by a PEB, per paragraph 8607 of reference (g).

b. Enlisted Marines assigned a TLD status do not lose their eligibility to be considered for promotion, due to medical conditions diagnosed by a MO that limits full duty status. Refer to paragraph 8608.8 of reference (j).

c. Enlisted Marines who have been previously selected and are

## DRAFT

pending a fitness for duty determination by the Disability Evaluation System (DES) will be presented their certificates of appointment, and their promotions will be affected, if otherwise qualified. However, enlisted Marines assigned to a PLD status on the convening date of the appropriate selection board are not eligible for consideration for promotion.

2. Officers. If an officer is in a PLD status, delays of promotion can be initiated at the time an officer is selected by a selection board or prior to the time an officer's promotion is to be effected. Delay of an officer's promotion is warranted if the Secretary of the Navy, Commandant of the Marine Corps, or Commanding Officer believes that the officer is mentally, physically, morally, or professionally not qualified for promotion to the next higher grade. Refer to paragraph 8002.9 of reference (g) and paragraph 6003 of reference (1).

2305. PREGNANCY/POSTPARTUM. After medical determination of pregnancy, Marines will be waived from the PFT. Pregnant Marines will participate in a medically approved exercise program throughout the pregnancy and postpartum period, except when not recommended by a MO.

1. Resuming Physical Training. Postpartum Marines will be required to take and pass a PFT no later than six (6) months from the date that a MO has authorized her return to full duty. This full duty authorization will normally coincide with the end of the six (6) week (postpartum) convalescent leave period. Unless medically prohibited, physical training should resume at this time. Commanding Officers should be attentive to the fact that a Marine returned to a full duty status will need to train at a moderate pace to return to the level of fitness she experienced prior to her pregnancy.

2. Early Termination/Miscarriage. Marines whose pregnancy results in a miscarriage or has been terminated will be required to conform to body composition standards and pass a semi-annual PFT, in a time period determined by a MO. Just as with each pregnancy, recovery periods will vary depending on the individual's physical status at the time of termination/miscarriage. Time limits will not exceed those that are prescribed for a full term pregnancy.

3. Difficult Pregnancy or Birth/Cesarean Section/Still Birth. Although rare, these types of instances may result in a more difficult recovery. Therefore, in pregnancies where complications develop, MOs will determine on a case-by-case basis, the time needed to return a Marine to full duty. Upon return to full duty, the Marine will be required to conform to the body composition standards and pass the semi-annual PFT in the time period determined by a MO.

4. Lines of Communication. It is important that an open dialogue and coordination between the Marine, the MO and the Commanding Officer be maintained in order to determine any physical limitations and dietary concerns, the healing time required to return the Marine to full duty, and the Marine's overall progress.

5. Failure to Return to Full Duty (RTFD). Marines not returned to full duty at the termination of the 6 week (postpartum) convalescent leave period, may be given an additional period of up to 30 days light duty, to allow additional recovery time. If upon termination of the 30 days light duty the Marine is still not returned to full duty, then the Marine will be placed on Medical Hold and referred to a MEB for determination of fitness for continued

## DRAFT

military service. A Marine not returned to a full duty status and as a result referred to a MEB will not be assigned to the BCP for failure to meet weight/body fat standards. Chapter 2, paragraph 2301 further details the MEB process and Appendix L describes the Pregnancy and BCP Assignment Process.

### 6. Promotion and Reenlistment

a. Pregnant Marines who did not meet reenlistment/promotion criteria prior to medical determination of pregnancy will not be eligible to reenlist/be promoted during the pregnancy period. Reenlistment/promotion eligibility will occur for these Marines only after they have been returned to full duty, have conformed to the body composition standards, passed the PFT and met the appropriate criteria.

b. Pregnant Marines who did meet the reenlistment/promotion criteria prior to medical determination of pregnancy are eligible to reenlist/be promoted at any time during their pregnancy and/or (postpartum) convalescent period.

### 2306. MEDICAL WAIVERS/EXEMPTIONS

1. Medical Waivers. A medical waiver (light or limited duty) that excuses a Marine from participating in a PFT will not be considered a PFT failure. The MO will document on the medical evaluation the medical condition, the expiration date, physical exercise (based on limitations), and the PPFT events that the Marine can complete, if any, during the waiver period.

a. Partial Physical Fitness Test (PPFT). Marines who are medically excused from performing a particular event of the PFT, as certified by a MO, are required to perform a PPFT. The Marine will be required to obtain at least the minimum passing performance for the two (2) events he/she is medically qualified, in order to pass the PPFT. The PFT/Body Composition Worksheet will indicate the event not taken and whether light duty, TLD, or a PLD status was the reason for the PPFT. Marines completing a PPFT will have their score entered into the MCTFS as their official semi-annual score. Paragraph 2203 describes the PPFT in detail.

b. Post-Light/Limited Duty PFT. Marines have the option to either keep the PPFT score taken for the current semi-annual period or to conduct a standard PFT (for promotion purposes) after being returned to full duty. The Marine will be given a minimum of 30 days and no more than 60 days to complete the PFT. This score will replace the PPFT taken during the waiver period. This is the only time a retest score will be used to replace a previous (PPFT) score and reported in MCTFS; this is not considered a remedial score.

c. PFT Score Substitution. A Marine unable to conduct a PFT or PPFT due to a light/limited duty status, but requires a PFT score for a fitness report or cutting score computation, may use the score from the previous semi-annual PFT.

2. Injury During PFT. Marines injured during the execution of an officially scheduled semi-annual PFT (e.g., pulled muscle during the run), may be granted a PPFT score if two (2) of the three (3) events were completed prior to the injury. Only the Commanding Officer, after reviewing the facts surrounding the incident can authorize that a PPFT score be reported in MCTFS. Marines completing only one (1) event prior to the injury will not be

## DRAFT

given a (PFT or PPFT) score. The Marine, if assigned a light duty status will be required to take the PFT 30-90 days after return to a full duty status, whereas the Marine not assigned a light duty status, will take the PFT at the Commanding Officer's discretion.

3. Illness. Marines encountering a rapid onset illness prior to the PFT will obtain a medical waiver. Medical waivers will be submitted prior to the scheduled semi-annual PFT or no later than 24 hours thereafter. The Commanding Officer will decide when the Marine will be required to take the missed PFT.

### 2307. AGE 46 & OVER RISK FACTOR SCREENING

1. Marines age 46 years and over will complete a semi-annual "Risk Factor Screening", as a precautionary measure, 30-60 days prior to each officially scheduled PFT. Marines will complete Sections (A) and (B) of the Risk Factor Screening, Appendix E and submit the completed form to their Commanding Officer for review. A follow-on medical screening by a MO will only be required if the Marine:

- a. Answers "yes" to any question in Section (A) or (B).
- b. Exceeds the body composition standards.

2. Marines requiring a follow-on medical screening, must be medically cleared by a MO prior to participating in the PFT. Independent Duty Corpsmen are not authorized to issue medical clearance to Marines who answered "yes" to any risk factor screening question.

3. Marines having a current physical examination (within the last 6 months from the date of the scheduled PFT) that states no restrictions on physical activity, require no additional medical clearance to participate in the PFT.

4. Marines will complete the PFT only if further medical evaluation is not required or if cleared by a MO after the referral. The signed and completed Risk Factor Screening (original copy) will be returned to the Marine and filed in their health records. A copy of the Risk Factor Screening will be retained by the Commanding Officer.

## DRAFT

### MARINE CORPS PHYSICAL FITNESS TEST AND BODY COMPOSITION PROGRAM

#### CHAPTER 2

##### PHYSICAL FITNESS TEST (PFT)

##### SECTION 4: REMEDIAL PROCEDURES

#### 2400. REMEDIAL PHYSICAL CONDITIONING PROGRAM (RPCP)

1. The command directed "Remedial Physical Conditioning Program (RPCP)" is designed to improve a Marine's physical fitness and body composition, through command-structured physical conditioning, guidance and supervision, as contained in Appendix C.

2. Assignment. Marines will be placed on a RPCP for any of the following:

a. Failure of the officially scheduled PFT.

b. Marines assigned to the Body Composition Program (BCP).

c. Marines required to take the PFT but failed to do so; reported on Unit Diary in MCTFS as "required did not take (RDNT)", per reference (e).

d. Marines who consistently display problems during unit runs or conditioning marches, demonstrate poor physical performance in MOS related tasks, or struggle to meet the minimum standard for an event during a semi-annual PFT.

e. Female Marines assigned to the BCP prior to pregnancy, who are returned to a full duty status, will resume active participation in the RPCP. The level of RPCP participation may be recommended by the MO if physical limitations are identified.

3. Time in Program. RPCP requirements:

a. Minimum of 30 days assignment and participation, regardless of change in ability during the 30 days.

b. Take and pass a PFT at completion of the initial 30-day period.

c. Commanding Officers are authorized to extend the assignment for Marines particularly vulnerable to relapse in PFT performance.

d. Marines assigned to the BCP will remain in the RPCP for the duration of the BCP assignment.

#### 2401. ADMINISTRATIVE ACTIONS FOR UNSATISFACTORY (SUBSTANDARD) PERFORMANCE

1. Fitness Reports. Any Sergeant or above failing a PFT will receive an adverse fitness report at the end of the next reporting period. See paragraph 2204.1.b. for administrative details. Even if a Marine does not have a reporting period until after the next semi-annual PFT, and the Marine passes the PFT for that latter period, the previous failure must be recorded on that fitness report.

DRAFT

2. Proficiency/Conduct Marks. Any Marine, ranked Corporal or below failing a PFT will receive commensurate PRO/CON marks for the following marking period.

3. Promotion and Reenlistment. Marines will be denied or withheld promotion or reenlistment per reference (i), until they pass an officially scheduled semi-annual PFT and fulfill all the RPCP requirements. See paragraphs 1204 and 6009.2.e. of reference (j).

4. Summary of Administrative Actions. Table 2401-1 lists the administrative actions necessary for Marines who fail the PFT and/or exceed weight/body fat standards.

<u>ADMINISTRATIVE ACTION</u>	<u>NUMBER OF FAILURE/ASSIGNMENTS</u>	
	<u>1<sup>st</sup></u>	<u>2<sup>nd</sup></u>
Mandatory RPCP	YES	YES
Page 11 OQR/SRB entry	NO	YES*
Adverse FitRep or Substandard Pro/Cons	YES	YES
Eligible for Promotion	NO	NO
Eligible for PCS Transfer	YES	NO
Process for Administrative Separation	NO	YES
Deny re-enlistment	YES	YES
Deny Special Schools	YES	YES
Deny recommendation for Promotion	YES	YES

\*(A page 11 entry is not mandatory for a BCP failure, however, it will be required if a Marine has not made satisfactory progress during his/her BCP assignment and is going to be processed for administrative separation.)

Table 2401-1 -- Administrative Actions

DRAFT

MARINE CORPS PHYSICAL FITNESS TEST AND BODY COMPOSITION PROGRAM

CHAPTER 3

BODY COMPOSITION PROGRAM (BCP)

	<u>PARAGRAPH</u>	<u>PAGE</u>
SCOPE . . . . .	3000	3-
OBJECTIVES . . . . .	3001	3-
RESPONSIBILITIES . . . . .	3002	3-

SECTION 1: STANDARDS

BODY COMPOSITION STANDARDS . . . . .	3100	3-
PHYSICAL PERFORMANCE EVALUATION . . . . .	3101	3-
PREGNANCY/POSTPARTUM BODY COMP REQUIREMENTS	3102	3-

SECTION 2: BODY COMPOSITION EVALUATION

BODY COMPOSITION EVALUATION . . . . .	3200	3-
BODY COMPOSITION PROGRAM (BCP) ASSIGNMENT . . .	3201	3-
RESIDENTIAL OBESITY PROGRAM . . . . .	3202	3-

## DRAFT

### MARINE CORPS PHYSICAL FITNESS TEST AND BODY COMPOSITION PROGRAM

#### CHAPTER 3

##### BODY COMPOSITION PROGRAM (BCP)

3000. SCOPE. It is essential that every Marine maintain the established standards of health and physical fitness. With age, it is not uncommon for the average American to experience a decrease in physical activity, a change in metabolic rate, with unchanged caloric intake. As a result, body fat and weight may increase, having a possible negative impact on one's health and level of fitness. Medical authorities state that excess body fat can be associated with high blood pressure, high blood cholesterol, diabetes, cancer, and cardiovascular disease. In addition to the associated health risks, excess body fat/weight, especially in extreme climates, can impede physical performance and stamina, which is of particular importance to the Marine and the mission.

3001. OBJECTIVES. The objectives of the Marine Corps' BCP are:

1. To establish healthy weight and body fat standards that ensure all Marines are physically capable to perform their duties.

2. To encourage all Marines to set the example by maintaining the established body composition standards.

3. To contribute to the health and well-being of every Marine by continuously monitoring weight, body fat, diet/nutrition, and physical fitness training.

4. To ensure those Marines who do not meet established standards are counseled accordingly, and given the opportunity and proper guidance necessary to achieve the standards through the BCP and RPCP.

3002. RESPONSIBILITY

1. Individual Marine. It is every Marine's responsibility to maintain the Marine Corps' body composition standards, or to take appropriate action to return to them in a timely manner. Marines on light/limited duty, whose medical condition precludes them from participating in specific activities, will be expected to participate in conditioning alternatives and dietary adjustments, in order to maintain these standards.

2. Commanding Officer. It is the Commanding Officer's responsibility to ensure each Marine receives a semi-annual body composition evaluation, and to closely monitor Marines assigned to a BCP and the unit's RPCP. Commanding Officers will:

- a. Continually monitor all Marines within the command to ensure adherence to established body composition standards.

- b. Identify Marines who exceed the weight and body fat standards by conducting periodic weigh-ins/body composition testing.



## DRAFT

c. Offer educational programs, events, and other motivational means to encourage Marines to achieve and maintain appropriate body composition standards. Such programs could include, but are not limited to: body composition seminars, health and fitness fairs, and individual consultations conducted by qualified dietitians, medical authorities, and Semper Fit personnel. Reference the Semper Fit website ([www.usmc-mccs.org](http://www.usmc-mccs.org)) for additional information and services.

d. Ensure leadership understands that Marines may not have the tools (education and experience) needed to attain and maintain proper health and fitness. In addition, ensure leadership understands that lifestyle change takes time, but can be achieved in a short period if a Marine is given the proper tools. Therefore, leadership should afford a Marine the necessary education, guidance, practice, time and supervision to assist a Marine in achieving and maintaining a healthy lifestyle.

3. Medical Officer (MO). The MO's responsibility is to evaluate the Marine's body composition, overall health, diet, and physical ability to participate in the BCP and RPCP. The MO is responsible for informing the Marine's Commanding Officer if the weight/body fat increase is due to an underlying disease/cause, the Marine's duty status (full/light/limited duty), dietary and weight/body fat goals, physical training restrictions/limitations imposed, the date the Marine can return to a full duty status, and any other pertinent information.

## DRAFT

### MARINE CORPS PHYSICAL FITNESS TEST AND BODY COMPOSITION PROGRAM

#### CHAPTER 3

##### BODY COMPOSITION PROGRAM (BCP)

##### SECTION 1: STANDARDS

3100. BODY COMPOSITION STANDARDS. The Marine Corps' height/weight and body fat standards are health and performance based, and not necessarily based on appearance. Marines are considered not in adherence with these standards when their body weight and body fat exceed the maximum limits, as contained in Appendix I. If tested and the Marine's body fat percentage exceeds the maximum limit, then the Commanding Officer will evaluate the Marine's physical (current PFT) performance. If the Marine's PFT score does not meet the "Physical Performance Evaluation" criteria, then the Commanding Officer will have the Marine evaluated by a MO and assigned to a Body Composition Program (BCP) - formerly known as the "Weight Control Program". Marines assigned to the BCP will receive assistance in reducing body weight and in particular body fat, in order to resume a more healthy physical fitness state. The Physical Performance Evaluation is explained in Section 3101 and the BCP evaluation/assignment process and endorsements are contained in Appendix D. The unit's administrative actions are contained in paragraph 3201 of this Order.

1. Policy. Only when the maximum allowable weight limit is exceeded will a Marine be measured for body fat. Body fat measurements will be taken on the same day as the scheduled height and weight measurements. Marines are considered to be within limits if their body fat does not exceed 18% for male Marines or 26% for female Marines.

a. Body composition evaluations are authorized for Marines for the following occasions: for scheduled PFTs, PME screening, TAD assignments, when reporting into a new unit, promotion/advancement, and special duty.

b. Commanding Officers are authorized to conduct impromptu body composition evaluations in order to ensure Marines are continuously maintaining standards.

2. Procedures. Unit S-3/training or PFT representatives, who are responsible for monitoring the PFT and BCPs, are the only authorized personnel to conduct body composition evaluations. Personal fitness assessments conducted by Semper Fit personnel, while valuable, will not be considered official for BCP testing.

a. Height Measurement. Height will be measured without shoes, heels flat on the deck, shoulders back, arms to the side in a relaxed manner, and head straight forward. Fractions of an inch in height will be rounded up to the nearest whole inch. For example, if a Marine's height measures greater than 71 inches (but less than 72 inches), their height will be rounded up to the nearest whole inch, "72" inches in this case, and documented appropriately.

b. Weight Measurement. Weight will be measured on a calibrated balance beam scale in the required PT gear, without running shoes. No other uniform is authorized and no weight reductions will be granted to Marines who choose

## DRAFT

to report in utilities or Service uniforms. Fractions of a pound in weight will be rounded down to the nearest whole pound. For example, if a Marine is weighed in anywhere between 145.1 and 145.9 lbs, their weight will be recorded as 145 lbs. Refer to Section I of Appendix I to review the height/weight chart.

c. Body Fat Measurement. Marines will be measured by the unit's S-3, training or PFT representative. A standard, non-stretching, cloth or fiberglass tape measure will be used, in accordance with Department of Defense Instruction (DoDI) 1308.3. Body fat measurements will be taken in the following manner:

(1) Marines will report for body fat measurements in required PT gear.

(2) All measurements will be taken on bare skin with the only exception being the female hip measurement.

(3) Without causing indentation, the tape will be applied to the skin with sufficient tension to hold it in place as the measurement is being read. A paperclip may be used to hold the tape together if the recorder needs to step back to see if the tape has been properly placed.

(4) Measurements will be taken twice to ensure accuracy.

(5) The lower of the two measurements will be recorded on the PFT/Body Composition Worksheet in Appendix F.

(6) Procedures for percent body fat measurement for MALES:

(a) Measure height without shoes per paragraph 3100.2.a. Instruct the Marine to stand with feet together and flat on the deck, take a deep breath, and stand up straight.

(b) Measure the neck circumference by placing the edge of the tape measure flush with the bottom of the larynx (Adam's apple) and perpendicular to the long axis of the neck. The Marine should look straight ahead during the measurement, with shoulders down (not hunched). For neck measurements in excess of the whole inch, round the neck measurement up to the nearest 1/2-inch and record (e.g., round up 16 1/4 inches to 16 1/2 inches).

(c) Measure abdominal circumference against the skin at the navel, level and parallel to the deck. Arms are at the sides. Take measurement at the end of the Marine's normal, relaxed exhalation. Round the abdominal measurement down to the nearest 1/2-inch and record (e.g., round down 34 3/4 to 34 1/2 inches).

(d) Determine percent body fat by subtracting the neck from the abdominal measurement and comparing this value against the height measurement, (e.g., abdominal - neck = circumference value). Refer to the chart "Percent Body Fat Estimation for Males" in Section II of Appendix I.

DRAFT

(7) Procedures for percent body fat measurement for FEMALES:

(a) Measure height without shoes per paragraph 3100.2.a. Instruct the Marine to stand with feet together and flat on the deck, take a deep breath, and stand up straight.

(b) Measure the neck circumference by placing the edge of the tape measure flush with the bottom of the larynx (Adam's Apple) and perpendicular to the long axis of the neck. The Marine should look straight ahead during the measurement, with shoulders down (not hunched). To establish neck measurements in excess of the whole inch, round the neck measurement up to the nearest 1/2-inch and record, (e.g., round up 13 3/8 inches to 13 1/2 inches).

(c) Measure the natural waist circumference, against the skin, at the point of minimal abdominal circumference, usually located about halfway between the navel and the lower end of the sternum (breastbone). (When this site is not easily observed, take several measurements at probable sites and use the smallest value.) Ensure the tape is level and parallel to the deck. Arms are at the sides. Take measurements at the end of a normal, relaxed exhalation. Round natural waist measurement down to the nearest 1/2-inch and record, (e.g., round down 28 5/8 inches to 28 1/2 inches).

(d) Measure the hip circumference while facing the Marine's right side by placing the tape around the hips so that it passes over the greatest protrusion of the buttocks as viewed from the side. Ensure the tape is level and parallel to the deck. Apply sufficient tension on the tape to minimize the effect of clothing. Round the hip measurement down to the nearest 1/2-inch and record, (e.g., round down 38 3/8 inches to 38 inches).

(e) Determine percent body fat by adding the waist and the hip measurements, subtracting the neck measurement, and comparing values against the Marine's height measurement, (e.g., waist + hip - neck = circumference value). Refer to the chart "Percent Body Fat Estimation for Females" in Section III of Appendix I.

(8) Marines who meet the body fat requirements (18% - males and 26% - females) will be considered within the Marine Corps' body composition standards. Marines who exceed height/weight and body fat standards, but score a (current) 1<sup>st</sup> Class PFT will be eligible for the "Physical Performance Evaluation". Marines who exceed height/weight and body fat standards and score a 2<sup>nd</sup> Class or lower will automatically be processed for a Body Composition Program (BCP) assignment per paragraph 3200.

3101. PHYSICAL PERFORMANCE EVALUATION. The integral relationship between physical performance and body composition warrants consideration when evaluating the "total" Marine. In certain cases, some Marines exceed weight and body fat standards, yet demonstrate an acceptable military appearance and perform exceptionally well on the PFT, (e.g., score 1<sup>st</sup> Class). In essence, some Marines demonstrate both exceptional cardiovascular endurance and upper body strength, with a body composition that slightly exceeds the standards. In such cases, Marines may be demonstrating a more optimal body weight, and because fitness is "essential to the day-to-day effectiveness and combat readiness of the Marine Corps", the overriding factor in such cases must be the optimal physical fitness performance. The new Physical Performance Evaluation not only takes into account physical fitness (PFT) performance, but the acknowledged variance in the body fat measuring technique ("taping"

## DRAFT

method) as well. The Evaluation accommodates for the acknowledged margin of error in body fat testing administration, normally a variance of 3-4%. Therefore, a Marine who exceeds height/weight and body fat standards will be evaluated according to recent PFT performance.

1. The Physical Performance Evaluation requires a Marine to meet the following criteria:

a. Perform a 1<sup>st</sup> Class PFT for the current semi-annual period; a previous PFT score will not be considered.

b. If maximum allowable weight is exceeded, body fat will not exceed the standard by more than 4%, (22% for males, 30% for females).

c. Demonstrate an acceptable appearance in uniform.

d. PPFT scores will not be considered. Marines must be fit to take a PFT and score a 1<sup>st</sup> Class to be considered for the Physical Performance Evaluation.

2. The 1<sup>st</sup> class PFT and body composition must be completed in conjunction with one another (per the body composition evaluation outlined in paragraph 3100 in Chapter 3).

3. Marines meeting the above criteria will have no action taken assigning them to the BCP and RPCP.

4. Marines exceeding 22% and 30% respectively and/or score a 2<sup>nd</sup> Class PFT or lower will not be eligible for the "Physical Performance Evaluation" under any circumstance. These Marines will automatically be processed for a BCP and RPCP assignment.

5. Marines receiving a body composition evaluation when reporting to a new unit, PME screening, TAD assignment, and during unit impromptu weigh-ins who are identified as exceeding height/weight and body fat standards will be afforded the opportunity to complete a (single) PFT for score. If the Marine scores a 1<sup>st</sup> Class PFT, he/she will be eligible for the Physical Performance Evaluation. If the Marine meets the Physical Performance Evaluation criteria, then no action will be taken to assign the newly joined Marine to a BCP/RPCP. However, if Marine fails to achieve a 1<sup>st</sup> Class PFT or does not meet the Evaluation criteria, he/she will be processed for a BCP and RPCP assignment; PFT retests (e.g., taking a 2<sup>nd</sup> PFT at this time) are not authorized.

6. Physical Performance Evaluation examples:

a. Example 1: A male Marine who exceeds his maximum allowable weight, is measured at 21 % body fat, scores a 1<sup>st</sup> class PFT, and presents an acceptable appearance in uniform will be considered within standards and will not be assigned to the BCP.

b. Example 2: A male Marine who scores a 1<sup>st</sup> class PFT and exceeds his maximum allowable weight, is found to be at 24% body fat, and demonstrates a less than desirable appearance in uniform, would not be considered within standards and will be assigned to the BCP.

c. Example 3: A female Marine who exceeds her maximum allowable

## DRAFT

weight, is found to be at 32% body fat, and scores a 2<sup>nd</sup> Class PFT, will not be screened for the Physical Performance Evaluation. This Marine will automatically be assigned to the BCP.

3103. PREGNANCY/POSTPARTUM BODY COMPOSITION REQUIREMENTS. Marines in a postpartum status will be required to meet weight and body fat standards no later than six (6) months following a MO's authorization to return to full duty. This authorization normally coincides with the completion of the six (6) week (postpartum) convalescence leave period.

1. Miscarriage/Stillbirth. A Marine whose pregnancy that terminates prematurely or that results in a stillbirth will meet weight and body fat standards within a time period determined by a MO. Due to the varying disposition of this medical situation, it is important that an open dialogue exists between the Marine, the MO and her Commanding Officer to determine the time needed to recover and conform to body composition standards. The recovery period in this case, however, will not exceed the six (6) months authorized for full-term pregnancies.

2. Body Composition Program (BCP) Assignment. Marines who become pregnant while assigned to the BCP will remain on the Program in an inactive status.

a. The only unit diary entry required when a Marine becomes pregnant while assigned to a BCP is to report MCTFS Duty Limitation Code of "N, PREGNANCY" per paragraph 1206 of reference (h). An advisory message will be generated on the unit's Diary Feedback Report (DFR) as follows: "MARINE PLACED IN INACTIVE WT CNTL STATUS". All further advisories concerning the Marine's status in the BCP will be suppressed for the duration of the pregnancy and the medical related periods of limited duty immediately following the pregnancy.

b. Following the MO's authorization to return to full duty, the Marine will be returned to either a full duty status, or reported to a non-medical related limited duty status. The Marine will then resume active participation in the BCP. All Marines will be assigned for a six (6) month period, regardless of time spent on the Program prior to pregnancy. The unit will receive the following advisory message on their DFR: "MARINE RETURNED TO ACTIVE WT CNTL STATUS FOR SIX MONTHS".

3. Promotion Eligibility. A Marine will be promoted during the pregnancy/postpartum period if she has met the promotion requirements prior to becoming pregnant. Marines will not be eligible for promotion if they are in an "inactive" status for a BCP assignment, per paragraph 1204.3.n. of reference (j) and paragraph 6009.2.e of reference (k). Only when the Marine returns to within weight/body fat standards and meets all other promotion requirements will she be promoted.

## DRAFT

### MARINE CORPS PHYSICAL FITNESS TEST AND BODY COMPOSITION PROGRAM

#### CHAPTER 3

##### BODY COMPOSITION PROGRAM (BCP)

##### SECTION 2: BODY COMPOSITION EVALUATION

##### 3200. BODY COMPOSITION EVALUATION

1. Marines identified as not being in adherence with the body composition standards, not eligible or do not meet the criteria for Physical Performance Evaluation will be referred to a MO to be evaluated. A body composition evaluation (completed by a MO) and all the Program endorsements contained in Appendix D must be completed before a Marine can be officially assigned to a BCP and the assignment entered in the unit diary. A determination by a MO must be made whether or not a Marine's increase in weight/body fat is due to an underlying cause, as follows:

a. Out of Standards Without Underlying Cause. When receiving the initial evaluation by the MO it is determined that no underlying cause or associated disease is the reason for the Marine's weight/body fat gain, then the Marine will be officially placed on the BCP. The following medical recommendations will be made per an individual Marine's case:

(1) Recommend a realistic weight loss (e.g., pounds per week) and percent body fat reduction timeline.

(2) Recommend caloric intake reduction & nutritional guidance.

(3) Recommend dietary measures and alternative physical conditioning exercises based on physical limitations (if necessary) for Marines on light or limited duty. (Marines in a light/limited duty status are still required to adhere to the Marine Corps' body composition standards, regardless of duty status.)

b. Out of Standards With an Underlying Cause. When receiving their initial evaluation by the MO it is determined that an underlying or associated disease is the reason for the Marine's weight gain, then it must be thoroughly annotated in the Marine's Health Record and on the Program's First Endorsement. The following courses of action may be taken per individual Marine's case:

(1) Treatment to alleviate the medical condition and return of the Marine to the unit.

(2) Hospitalization for obesity treatment at an Alcohol Rehabilitation Center (ARC). Criteria for ARC Residential Obesity Program (ROP) are contained in paragraph 3202.

(3) Untreatable or permanent in nature, case sent up to a PEB for determination of fitness to continue military service.

(4) Return to full duty, assignment to BCP and RPCP.

DRAFT

3201. BODY COMPOSITION PROGRAM (BCP) ASSIGNMENT

1. Upon completion of a MO's evaluation and the determination that the Marine is medically cleared to participate in a program to reduce his/her weight and body fat, the Marine will be assigned to the BCP for six (6) months, and the following actions taken by the Marine's unit (administrative and S-3/training sections as appropriate):

a. Make an official unit diary entry to be dated when all of the following actions have taken place:

(1) MO has cleared the Marine to participate in the Program and has documented weight loss/body fat goals.

(2) All Program endorsements are completed/signed.

(3) The Marine has received an initial counseling and it is documented and maintained in the Marine's BCP file; a Page 11 entry in the OQR/SRB is not required for this counseling.

b. Use the following code/statement to report assignment to BCP in MCTFS: TTC 337 000 TO WT CNTL.

c. Retain a copy of the MO's body composition evaluation in the Marine's BCP file.

d. Initiate participation in the RPCP immediately for those medically qualified to participate.

e. Initiate alternate physical conditioning, as approved by the MO immediately for those Marines assigned light or limited duty.

f. Take weight and/or body fat measurements by the unit S-3/training or PFT representative once every two weeks (once a month for SMCR), and document results in the Marine's BCP file maintained in the unit training office.

g. Appropriately document in the individual Marine's BCP file, the counseling(s) conducted for those Marines who have displayed neither weight loss nor body fat reduction (e.g., unsatisfactory/substandard performance). A page 11 entry is not mandatory, however, it will be required if a Marine has not made satisfactory progress during his/her BCP assignment and is going to be processed for administrative separation. See paragraphs 6105 and 6215 per reference (g).

h. Ensure Marines (officer and enlisted) assigned to the BCP complete the MCI Course 3316 "Basic Nutrition" during their first assignment to the Program.

i. Notify the unit S-3/training or PFT representative when the Administrative Section has received a "Diary Feedback Report" or DFR that identifies that a Marine's BCP assignment has expired.

2. Removal from BCP. A Marine will not be removed from the BCP (and RPCP) assignment prior to the Program expiration date. The Marine will continue to participate in the BCP and RPCP as prescribed, in order to ensure "healthy" weight/body fat loss techniques were employed and that the weight/body fat loss is long term. When the Marine has successfully completed the entire BCP



## DRAFT

assignment, the Commanding Officer will administratively remove the Marine from the Program and the RPCP. The appropriate unit diary entry TTC 339 000 FR WT CNTL [per reference (e)] will be made, officially removing the Marine from the BCP; a Page 11 entry is not required.

### 3. Extensions/Second Assignment to Body Composition Program (BCP)

a. Extensions (Initial Assignment). A one-time extension of up to six (6) months may be granted by the Commanding Officer for Marines. The extension can be given to Marines that have made satisfactory progress, have not met established weight and body fat goals or both, within the prescribed period during the first assignment. Marines granted an extension will have the following code/statement entered into MCTFS: TTC 337 001 EXTEND WT CNTOL. If a Marine granted an extension does not meet the body composition standards when the extension expires, the Marine will be recommended for administrative separation due to unsatisfactory (substandard) performance, per reference (g). No additional extensions can be granted. However, if weight/body fat goals are met upon completion of the extension, the Marine will be officially removed from the BCP and RPCP assignment.

b. Second Assignment. If a Marine has been assigned to (and officially removed from) the BCP at any time during his/her Marine Corps career and has failed to meet the weight/body fat standards a second time, then the Marine may receive a one time second assignment to the BCP and RPCP. On a second assignment, the Marine will be given six (6) months with no extensions to conform to standards. If the Marine successfully meets the weight/body fat standards at completion of the six (6) months, the Marine will be officially removed from both Programs. If the Marine does not meet the standards when the Program expires, then the Marine will be processed for administrative separation due to unsatisfactory (substandard) performance per reference (g). Extensions to a second assignment are not authorized.

c. Follow On Assignments. Marines assigned to the BCP on two (2) separate occasions (e.g., 1<sup>st</sup> & 2<sup>nd</sup> assignments), who fail to meet weight/body fat standards a third time in their career, will automatically be processed for administrative separation due to unsatisfactory (substandard) performance per reference (g). Marines will not be granted follow on assignments (e.g., third assignment).

4. Administrative Separation. Administrative separation for unsatisfactory (substandard) performance per paragraph 6206.1 of reference (g) will be required for the following circumstances:

a. Weight/body fat standards are not met or maintained by the end of the first assignment, and no progress or effort is evident on the part of the Marine.

b. Weight/body fat standards are not met or maintained by the end of the extension to the first assignment.

c. Weight/body fat standards are not met or maintained by the end of the second assignment.

d. No additional assignments (e.g., third assignments) will be granted, therefore, Marines failing to meet weight/body fat standards a third time will automatically be processed for administrative separation.

DRAFT

5. Body Composition Program (BCP) and End of Active Service (EAS).

Commanding Officer discretion is authorized for individual cases that involve Marines who fail to meet weight/body fat standards just prior to their EAS (e.g., within 45 days of EAS).

a. Eminent EAS does not preclude a Marine, who exceeds weight/body fat standards from being evaluated and processed for a BCP and RPCP assignment. A Commanding Officer may evaluate and assign a Marine to participate in the BCP/RPCP up to the Marine's EAS date.

b. For Marines who fail to meet weight/body fat standards upon completion of their BCP assignment or extension, and EAS is eminent, Commanding Officer discretion will be exercised to decide whether or not measures to process the Marine for administrative separation is worth the administrative burden. Commanding Officers may opt to extend the Marine's RPCP assignment up to the Marine's EAS date. A Page 11 entry WILL be recorded in the Marine's OQR/SRB, identifying the BCP failure.

6. Relocation Orders for Marines on the Body Composition Program (BCP)

a. Marines can be transferred, receive PCS or PCA orders during a first assignment or (first assignment) extension to a BCP.

b. Marines will not be transferred, but placed in an administrative hold status if they are participating in a second assignment to the BCP.

c. Together the unit Administrative and Training Sections are required to ensure that all unit diary entries, MO's body composition evaluation(s), and BCP documents (e.g., weight/body fat measurement results, physical training log, progress reports) are up to date and included with the Marine's OQR/SRB upon transferring.

d. The unit Training Section is required to forward by registered/receipt mail, a copy of all unit BCP documents and the MO's body composition evaluation(s) to the unit training section to which the Marine is being transferred. These files/documents should be forwarded within 14 days of the Marine's official checkout.

3202. RESIDENTIAL OBESITY PROGRAM (ROP)

1. Marines that have been evaluated by a MO and determined to have an extreme weight/body fat increase due to an underlying or associated disease, will be recommended to participate in the Residential Obesity Program (ROP). The ROP is available to all Marines regardless of pay grade. A Marine will be sent to the ROP at the local Alcohol Rehabilitation Center (ARC) based on the following criteria:

a. Marine has not previously participated in a ROP at a residential ARC during Marine Corps career.

b. Marine has no medical history of having an eating disorder, (e.g., anorexia, bulimia, or other unresolved eating disorder).

c. Marine must have a strong potential for continued military service supported by Commanding Officer or related letters of recommendation.

DRAFT

d. Marine must have at least 12 months time in service remaining on current military contract after the completion of the ROP for aftercare. [Waivers to remaining time in service criteria may be requested on a case-by-case basis from CMC (MHH).]

2. Post-Residential Obesity Program (Rehabilitation). Upon completion of the Residential Obesity Program, the Marine will be assigned to the unit's RPCP for six (6) months and until the Marine conforms to Marine Corps weight/body fat standards. Marines should average a 1-2 pound loss per week and/or approximately 1 percent of body fat every 2 weeks; results will vary depending upon the Marine's circumstances. Results must be monitored by the command and the MO assigned to the case.

3. Rehabilitation Failure. In cases of rehabilitative failure, Marines will be processed for administrative separation per paragraph 6206.1 of reference (g). All rehabilitation failures must be reported to CMC (MHH) via Naval message. Rehabilitation failure is based on the following circumstances:

a. Failure to demonstrate significant and consistent progress towards meeting Marine Corps weight/body fat standards during the 6-month rehabilitation period.

b. Continued increase in weight and/or body fat during the ROP or the aftercare period.